

WINTER/SPRING 2014



# activity guide

PAGE 6: NOW OFFERING CLASSES AT THE ACADEMY OF FINE ARTS

PAGE 9: DIXIE SOFTBALL SEASON RIGHT AROUND THE CORNER

# LYNCHBURG PARKS & RECREATION

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# LYNCHBURG PARKS & RECREATION

While Miller Center undergoes renovations, the following locations are serving as the Parks & Recreation offices:

## PARKS & RECREATION MAIN OFFICES

2704 Concord Turnpike, Lynchburg, VA 24504  
(434) 455-5858 | Hours 8:30am - 5:00pm

## ATHLETICS, AQUATICS, & THE NATURE ZONE

825 Kemper Street, Lynchburg, VA 24501  
Call for an appointment (see direct contact numbers below)

## RECREATION SERVICES & VOLUNTEER COORDINATION

525 Taylor Street, Lynchburg, VA 24504  
Call for an appointment (see direct contact numbers below)

## MAILING ADDRESS

301 Grove Street, Lynchburg, VA 24501

# how to register

Registration for classes and activities can be done in one of the following three ways. Activities with special registration guidelines will be noted in the activity description.



## ONLINE

[www.lynchburgva.gov/parksandrec](http://www.lynchburgva.gov/parksandrec)



## DIRECT MAIL

Mail your completed registration form (page 23) to Lynchburg Parks & Recreation, 301 Grove Street, Lynchburg, VA 24501



## IN PERSON

Visit our offices at 2704 Concord Turnpike or any one of our community centers to register in person

# CONTACTS

MAIN OFFICE | (434) 455-5858

CANCELLATION LINE | (434) 455-5860

Art Studio at Jackson Heights Center | Sue Matherly (434) 455-4001  
Athletics/Aquatics | Maggie Mace | (434) 455-5882  
Athletics - Adult | Ron Martin | (434) 455-5873  
Athletics - Youth | Joanna Nisbet | (434) 455-5884  
Fifty-Plus Activities | Lynn Fox | (434) 455-4115  
City-Wide Centers | Allyson McSwain | (434) 455-5837  
Neighborhood Centers | Charlotte Lester | (434) 455-5857  
The Nature Zone | Kathie Driscoll | (434) 455-5854  
Volunteer Coordinator | Paula Tannenbaum | (434) 455-5886

# scholarships

If you are a Lynchburg city resident in need of financial assistance to participate in Parks & Recreation programs, you and your family members may qualify for a scholarship. Residents of all ages are eligible. Scholarship applications are online at [www.lynchburgva.gov/parksandrec](http://www.lynchburgva.gov/parksandrec) and at any of our centers or offices. Must be submitted for approval five business days prior to registration deadline.

# subscribe

Stay updated on the latest Parks & Rec activities, events, and news.



To subscribe, visit our website at [www.lynchburgva.gov/parksandrec](http://www.lynchburgva.gov/parksandrec).

[WWW.LYNCHBURGVA.GOV/PARKSANDREC](http://WWW.LYNCHBURGVA.GOV/PARKSANDREC) • [PARKSINFO@LYNCHBURGVA.GOV](mailto:PARKSINFO@LYNCHBURGVA.GOV)

tag us! #lynchburgparks

  /LYNCHBURGPARKS  /LYNCHBURGPARKSREC



The Lynchburg Parks and Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodations are needed, please tell us upon registration and at least 10 days prior to the activity.





pARTners

Lynchburg Parks and Recreation  
pARTners with Academy of Fine Arts

Big News! We are now offering classes and activities in partnership with Academy of Fine Arts. We are proud to partner with this fantastic Lynchburg organization and excited about bringing programs to this new downtown venue. Our current pARTner offerings are detailed on pages 5 and 11 – but you can find the full list of classes at: [www.lynchburgva.gov/partners](http://www.lynchburgva.gov/partners).

Stay tuned for new and exciting programs as this pARTnership continues!

calling all instructors,  
guest speakers, organizations!

If you have a special talent or skill and are interested in teaching a class (any age) contact Allyson McSwain, City-Wide Center Supervisor: [allyson.mcswain@lynchburgva.gov](mailto:allyson.mcswain@lynchburgva.gov) or (434) 455-5837. Instructors especially needed for pottery, stained glass, theatre, fitness, art, drawing, painting, music lessons, youth dance, storytelling, educational, and mentoring programs.

TEXTURE PAINTING WITH ACRYLICS

Ages 18 + up

Add dimension to your work. Make your paintings come to life with the incorporation of a texturing medium. Students should bring their own brushes. Other supplies provided. Register by 4/18.  
\$41.00 LR / \$56.00

TEMPLETON SENIOR CENTER

Instructor: Betty Leary

Tu 4/22 - 5/13	1:00pm - 3:00pm	74403.140
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HAND PAINTED FLOOR CLOTH

Ages 18 + up

Create a colorful, hand-painted and uniquely designed 2' x 3' canvas floor cloth. Learn to incorporate stamping, stenciling, and taping methods into your project. Students should bring an inexpensive 2" paintbrush. All other materials furnished. Register by 3/6.  
\$15.00 LR / \$23.00

TEMPLETON SENIOR CENTER

Tu Th 3/11 - 3/13	1:00pm - 3:00pm	73004.135
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BASIC COLORED PENCIL DRAWING

Ages 18 + up

Have you always wanted to learn to draw? Join this class to learn basic drawing techniques, color theory, color mixing and layering. Create your own still-life picture. Bring your own colored pencils, sharpener, white-kneaded eraser. No class on 2/17. Register by 1/24.  
\$35.00 LR / \$50.00

TEMPLETON SENIOR CENTER

Instructor: Linda Duff

M 1/27 - 2/24	6:00pm - 8:00pm	74405.111
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BASIC COLORED PENCIL ANIMAL DRAWING

Ages 18 + up

Create a lasting memory of your favorite animal. Bring in an 8 x 10 photo of your pet or animal to transfer on paper and color with pencils. Learn basic drawing techniques, color theory, color mixing and layering. Bring your own colored pencils, sharpener, and white kneaded eraser. Register by 3/15.  
\$35.00 LR / \$50.00

TEMPLETON SENIOR CENTER

Instructor: Linda Duff

M 3/17 - 4/7	6:00pm - 8:00pm	74405.131
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BEADING WITH JAMIE

Ages 18 + up

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry. Register by Friday before class.  
\$10.00

TEMPLETON SENIOR CENTER

Instructor: Jamie Carlund

W 1/15	10:30am - 12:00pm	74404.110
Th 2/27	10:30am - 12:00pm	74404.120
Tu 3/25	6:30pm - 8:00pm	74404.130
Th 4/24	10:30am - 12:00pm	74404.140

KNITTING CLASS: BABY BLANKET

Ages 18 + up

Experienced and novice knitters will enjoy creating an heirloom. Select your blanket pattern and practice in the first class; purchase yarn and needles for the second class. Register by 1/17.  
\$10.00

TEMPLETON SENIOR CENTER

Instructor: Barbara Crews

Tu 1/21 - 2/11	12:30pm - 2:30pm	73004.110
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BUILDING KNITTING SKILLS: DISH CLOTH

Ages 18 + up

Learn basic knitting skills in this two-hour workshop while creating a dish cloth from start to finish. Students should bring a skein of "Sugar and Cream" cotton yarn and size eight knitting needles. Register by 2/5.  
\$10.00 LR / \$15.00

ACADEMY OF FINE ARTS

Instructor: Judy McGhee

Sa 2/8	10:00am - 12:00pm	73001.211
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KNITTING CLASS: RUFFLE SCARF

Ages 18 + up

New and experienced knitters will enjoy making this easy, attractive ruffle scarf. Bring your own skein of "Starbella" cotton yarn and size eight needles. Register by 2/10.  
\$10.00

TEMPLETON SENIOR CENTER

Instructor: Judy McGhee

Th 2/13 - 2/20	6:00pm - 8:00pm	73004.123
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HAND MADE LACE CLASS: TATTING

Ages 18 + up

Learn the art of tatting by creating an ornament or a cross. The project progression will teach you all the skills needed for making your own lace. Practice yarn provided. Register by 3/3.  
\$20.00 LR / \$30.00

TEMPLETON SENIOR CENTER

Instructor: Judy McGhee

Th 3/6 - 3/27	6:00pm - 7:00pm	73004.132
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CAKE DECORATING WORKSHOP

Ages 18 + up

Chef Teresa Beasley of Blondie's Catering teaches participants how to decorate a cake using different icing techniques. Register by 3/11.  
\$15.00 LR / \$23.00

DIAMOND HILL CENTER

Instructor: Teresa Beasley

Tu 3/18	9:30am - 11:30am	66500.100
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BEGINNING GUITAR

Ages 18 + up

This six-week instructor-led class will teach you the basics of playing an acoustic guitar. Learn to tune your guitar, maintenance, and performance tips. Bring an acoustic guitar to class. The \$9.99 lesson book may be paid for on site to the instructor. Register by Thursday before class.  
\$35.00 LR / \$50.00

TEMPLETON SENIOR CENTER

Instructor: Justin Shroder

W 1/15 - 2/19	1:00pm - 2:30pm	74006.110
W 3/12 - 4/16	1:00pm - 2:30pm	74006.130

fifty-plus

DOGWOOD CLAY CRAFT

Ages 50 + up

Using clay, create and design a dogwood wall hanging. Register by 4/5.  
\$8.00

FAIRVIEW CENTER

W 4/9 - 4/16	10:30am - 11:30am	63600.140
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# STREET BANNERS

What better way to display your message than by reserving a banner location and placing it across a street where people are sure to see it? Promote your upcoming Lynchburg event on a banner for up to 14 days at one of the following three locations:

- MLK Bridge on 5th Street
- Main Street in front of the Community Market
- 6th and Main Street

For more information contact:  
Sharon Brown  
Special Events Coordinator  
(434) 455-5871



# DISCOVER LYNCHBURG HISTORY



Two timeless artifacts filled with treasures and stories of historic Lynchburg Virginia.

The Lynchburg Museum  
901 Court Street | Lynchburg, VA  
(434) 455-6226  
[www.lynchburgmuseum.org](http://www.lynchburgmuseum.org)



Point of Honor  
112 Cabell Street | Lynchburg, VA  
(434) 455-6226  
[www.pointofhonor.org](http://www.pointofhonor.org)

# ATHLETICS

## youth/teen

### YOUTH BASKETBALL INSTRUCTIONAL PROGRAM

**Ages 7 & 8**  
Your child will have a great time while they practice their skills and learn about the exciting game of basketball. They will learn all about the fundamentals of the game on lowered baskets, making it easier and more fun to play. Each week they will spend time on skills and then play no-pressure scrimmages to get them ready for the next level.  
\$45.00 LR / \$60.00

CITY ARMORY		
Sa 1/11 - 3/1	10:00am - 11:00am	31033.101

### YOUTH OPEN GYM

FREE		
DUNBAR MIDDLE SCHOOL	Tu 3/18 - 5/20	6:00pm - 8:00pm
LINKHORNE MIDDLE SCHOOL	Sa 3/22 - 5/17	3:00pm - 5:00pm
SANDUSKY MIDDLE SCHOOL	Th 3/20 - 5/15	6:00pm - 8:00pm

### LYNCHBURG DIXIE SOFTBALL

**Ages 5 to 18**  
Calling all girls! Join your friends and have fun playing with girls from Lynchburg and the surrounding counties. This game makes sure that all girls get a chance to play with a continuous batting order, and gives everyone a chance to play defense. Returning players may register online. New players must register in person and bring a copy of their birth certificate. Teams are formed in mid/late March, and games begin in April, continuing through June. Now offering a Debs Team for ages 16 to 18!  
\$40.00 LR / \$55.00

PEAKS VIEW PARK		
M - Sa 3/15 - 6/7	6:00pm - 8:00pm	31013.101

TEAM SIDELINE

SCHEDULES | SCORES | STANDINGS

TEAMSIDELINE.COM/LYNCHBURG

### PITCH, HIT, & RUN

**Ages 7 to 14**  
Put your pitching, hitting and running skills to the test at our "all-star for a day" competition. The overall high scorer and each individual event champion in each age division will get to move on to the sectional competition. Inclement weather date is Saturday 4/26. For Lynchburg residents only. Register by 3/26. FREE

PEAKS VIEW PARK		
M 3/31	12:00pm - 3:00pm	31014.101

### PLAY TO LEARN: BASKETBALL SKILLS

**Ages 10 to 14**  
Get warmed up for basketball season. Learn ball handling and shooting techniques to improve your game. Participants take home a basketball. Register by 4/5.  
\$12.00 LR / \$18.00

JEFFERSON PARK		
Sa 4/12	11:00am - 1:00pm	62300.101

## adult

### ADULT SOFTBALL

**Ages 18 & up**  
Batter up! Come out to Peaks View Park to play for fun or join one of our competitive leagues for more of a challenge. We have both men's and coed leagues. Sign up with a team or let us find one for you. All leagues play two games per week with most playing doubleheaders. Teams play 20 games, April thru August. In-person registration only.  
Team Sports Fee: \$400.00 (+\$15.00/person for each non-resident)

IMPORTANT DATES		
Advisory team meeting	2/24, 6:00pm (Linkhorne Middle School)	
Organizational meeting	3/3, 6:00pm (Linkhorne Middle School)	
Registration for returning teams	3/10 - 3/14, 4:00 - 6:00pm (Athletics Office)	
Registration for new teams	3/17 - 3/20, 4:00 - 6:00pm (Athletics Office)	

PEAKS VIEW PARK		
M - F 4/28 - 9/5	6:00pm - 11:00pm	30005.111

LR = LYNCHBURG RESIDENT DISCOUNT

Are we playing today?  
Cancellation line:  
(434) 455-5892



# ENRICHMENT

## Youth/teen

### RESUME BUILDING WORKSHOP

*Ages 14 to 18*

High school students are you applying for a summer job? Make a great first impression with a strong resume. A representative from the City of Lynchburg's Human Resources Department will guide you through the process. Register by 4/2. \$5.00

#### FAIRVIEW CENTER

W 4/9	6:00pm - 7:00pm	63500.100
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### HOMESCHOOLERS: SI! HABLO POQUITO ESPAÑOL

*Ages 6 to 11*

Learn basic Spanish words to use around the kitchen while making your own corn tortillas. Register by 2/26. \$10.00 LR / \$15.00

#### DANIEL'S HILL CENTER

Tu 3/4 - 3/25	1:30pm - 2:30pm	67500.100
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### AFRICAN-AMERICAN HAIR ESSENTIALS

*Ages 8 to 17*

Learn basic hair care principles, braiding, up-do techniques, and good hygiene for African-American hair. FREE

2/05 Understanding Basic Hair Care	2/12 The Art of Braiding
2/19 Prom Hair Styles	2/26 Learn about Natural Hair

#### JEFFERSON PARK CENTER

W 2/5 - 2/26	5:00pm - 6:00pm	62400.102
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### COLLEGE CHRONICLES

*Ages 6 to 17*

Guest athletes and scholars from urban neighborhoods share their challenges and their successes. FREE

#### JEFFERSON PARK CENTER

W 3/5 - 3/26	5:00pm - 6:00pm	
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## adult

### GRANT WRITING WORKSHOP

*Ages 25 + up*

Learn the nuts and bolts of writing an effective grant proposal. Register by 1/30. \$10.00 LR / \$15.00

#### DIAMOND HILL CENTER

Instructor: Elaine Duke		
Th 2/6	5:30pm - 7:00pm	66500.101

### GENEALOGY ON THE WEB

*Ages 18 + up*

Interested in tracking your heritage? There is a world of information waiting to be explored on the World Wide Web, but not all sites are created equal. Learn how to use the best ones to full advantage and search the census at home with free sites. New information is constantly being added. Now may be the ideal time to find out about your ancestry. Bring your own laptop, if possible. Register by 1/10. \$25.00 LR / \$32.00

#### TEMPLETON SENIOR CENTER

Tu 1/14 - 1/28	6:30pm - 8:00pm	74003.110
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### COMPUTER BASICS

*Ages 18 + up*

Learn to navigate the keyboard, make simple documents, cut/paste, and email your friends the latest family photo. Limited computers available. Bring your own laptop computer, if possible. Register by 1/3. \$20.00 LR / \$30.00

#### TEMPLETON SENIOR CENTER

Instructor: Sarah Compton		
Tu Th 1/7 - 1/16	10:30am - 11:45am	73004.111

### BRIDGE CLASS: BEGINNERS

*Ages 18 + up*

Discover the fun of the card game bridge as you learn the basics. Beginners of all ages are invited to try their hand at this six-week class. No previous experience needed. Register by 4/21. \$34.00 LR / \$49.00

#### TEMPLETON SENIOR CENTER

Instructor: Phyllis Moldenke		
W 4/23 - 5/28	9:30am - 11:30am	74002.141



### BRIDGE CLASS: INTERMEDIATE

*Ages 18 + up*

Discover the fun of the card game bridge as you learn the basics. Beginners continue learning the game of bridge as you build on your skills and improve your game. Some previous playing experience is necessary. No class 5/26. Register by 4/17. \$34.00 LR / \$49.00

#### TEMPLETON SENIOR CENTER

Instructor: Phyllis Moldenke		
M 4/21 - 6/2	9:30am - 11:30am	74002.140

### BRIDGE CLASS: ADVANCED

*Ages 18 + up*

Improve your game and learn the finer points of bridge. Previous playing experience is a must! No class 1/20 or 2/17. Register by Thursday before class. \$34.00 LR / \$49.00

#### TEMPLETON SENIOR CENTER

Instructor: Ed Moldenke		
M 1/6 - 2/24	9:30am - 11:30am	74002.110
M 3/3 - 4/7	9:30am - 11:30am	74002.130

### MAHJONG LESSONS

*Ages 18 + up*

Learn this ancient Chinese game similar to the western card game of rummy, and be prepared for the Mahjong Marathon on April 24. Mahjong is a game of skill, strategy, and calculation, and involves a certain degree of chance. \$10.00

#### TEMPLETON SENIOR CENTER

Instructor: Karen Bridgett		
F 2/14 - 2/28	9:30am - 11:30am	73004.122

### MEET THE AUTHOR: CHARLOTTE MORGAN

*Ages 18 + up*

Charlottle Morgan's first novel *One August Day*, tells the story of Hurricane Camille. She imagines what might have brought the eight victims who were never identified into the center of the storm. FREE

#### TEMPLETON SENIOR CENTER

W 1/29	10:30am - 11:30am	73003.111
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### MEET THE AUTHOR: CASEY CLABOUGH

*Ages 18 + up*

Dr. Clabough's eight books are available internationally and have earned him numerous awards. At Lynchburg College he teaches courses in creative prose and American literature, and also serves as editor of the College's professional journal, *The James Dickey Review*. FREE

#### FAIRVIEW CENTER

Th 3/27	10:30am - 11:30am	73003.133
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### MEET THE AUTHOR AT DIAMOND HILL

*Ages 25 + up*

Enjoy talks by local authors over a light lunch. Authors will have copies of their books available for sale and signing. \$4.00 payable on site.

1/29	Rev. Carl B. Hutcherson, Jr., <i>Intentional Evangelism</i>
2/26	Dr. Kimberly Davis, <i>Reclaiming Generation X</i>
3/26	Mr. Robert L. Thompson, <i>Corruption</i>

#### DIAMOND HILL CENTER

W 1/29 - 3/26	12:00pm - 1:00pm	66500.306
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### EXPERIENCING NORWAY

*Ages 18 + up*

Officially the Kingdom of Norway, this Scandinavian territory is laced with fjords and is renowned for the beauty of its landscapes. Joe Lindsoe shares some of the history and grandeur of his homeland, Norway. FREE

#### TEMPLETON SENIOR CENTER

Th 2/20	10:30am - 11:30am	73004.121
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### EXPERIENCING FRANCE

*Ages 18 + up*

France, the largest country in Western Europe, is well-known for its arts and architecture. See why it is the most-visited country in the world, as Simone Fraiser shares pictures and stories of this beautiful country, her homeland. FREE

#### TEMPLETON SENIOR CENTER

Th 4/17	10:30am - 11:30am	73004.141
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### GARDENS OF THE WORLD SERIES

*Ages 18 + up*

Join world traveler, Susan Timmons, on a photo journey of some of the world's most beautiful gardens. Explore a variety of locations and scenery as Susan shares her pictures and commentary. FREE

#### TEMPLETON SENIOR CENTER

Italian Gardens	Tu 1/21	10:30am - 11:30am	73003.110
Our Country Garden in Forest	Tu 2/18	10:30am - 11:30am	73003.122
Southern Caribbean Islands	Tu 3/18	10:30am - 11:30am	73003.131
English Gardens	Tu 4/15	10:30am - 11:30am	73003.142

# NATURE & OUTDOORS

## all ages

**ARCHERY CLUB**  
*Ages 8 & up*

If you're looking to improve your focus, patience, and archery skill, this is the club for you! Join us as we get a chance to shoot weekly and participate in new games and activities. Competition on the last class day. Register by 3/25.  
\$45.00 LR / \$60.00

FAIRVIEW CENTER		
W 4/2 - 4/30	5:00pm - 6:00pm	63300.142

**ARCHERY 101**  
*Ages 8 & up*

Archery is a sport for all ages and abilities. Learn the basic elements of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered. Register by the Thursday before.  
\$22.00 LR / \$33.00

FAIRVIEW CENTER		
Sa 3/22	3:00pm - 5:00pm	63300.131
Sa 3/29	3:00pm - 5:00pm	63300.132
Sa 4/5	3:00pm - 5:00pm	63300.141

**CAMPFIRE UNDER THE STARS**  
*All Ages*

Enjoy an evening under the stars as we discover constellations, mysteries of the moon, and a few wandering planets at this family program. Register by 1/17.  
\$7.00 LR / \$11.00

IVY CREEK PARK		
F 1/24	6:30pm - 8:30pm	51001.101

**MAPLE SUGARING AT RIVERSIDE PARK**  
*All Ages*

Discover the sweet taste of a maple tree at this family event. Learn how to identify and tap a maple tree then taste its sweet rewards with a pancake tasting. Register by 2/15.  
\$7.00 LR / \$11.00

RIVERSIDE PARK		
Sa 2/22	11:00am - 1:00pm	54005.101



**FROG FROLIC NIGHT**  
*All Ages*

Listen for frogs, meet a few in person, and learn how to help protect amphibians! Register by 3/28.  
\$8.00 LR / \$12.00

IVY CREEK PARK		
F 4/4	7:00pm - 8:30pm	54005.102

## youth/teen

**WEE WILD ONES: STARRY, STARRY NIGHT**  
*Ages 2 to 6*

Preschoolers and toddlers will discover the magic of the night sky, as wee unfold the mystery behind the twinkling objects through fun and games. Register by 1/8.  
\$7.00 LR / \$11.00

IVY CREEK PARK		
Sa 1/11	10:00am - 11:30am	54003.101

**WEE WILD ONES: TREES ARE TERRIFIC**  
*Ages 2 to 6*

From their roots to their shoots, wee will discover the magnificent world of trees. Preschoolers and toddlers will learn the different parts of a tree and find out how a tree makes its own food. Wee will end this hands-on activity with a yummy special tree treat. Register by 2/5.  
\$7.00 LR / \$11.00

IVY CREEK PARK		
Sa 2/8	10:00am - 11:30am	54003.102

**WEE WILD ONES: WORMS AND WEATHER**  
*Ages 2 to 6*

What do worms and weather have in common? Preschoolers and toddlers will discover the importance of worms and how weather affects their production. Register by 3/5.  
\$7.00 LR / \$11.00

IVY CREEK PARK		
Sa 3/8	10:00am - 11:30am	54003.103

**WEE WILD ONES: WALK IN THE WOODS**  
*Ages 2 to 6*

Our wee wild ones will see the forest through the trees during this fun, active stroll along Creekside trail. Register by 4/9.  
\$7.00 LR / \$11.00

IVY CREEK PARK		
Sa 4/12	10:00am - 11:30am	54003.104

**HOMESCHOOL: SHELL-SHOCKED!**  
*Ages 6 to 12*

Come and explore with us all of the fascinating shelled creatures that inhabit our shores. Learn about seashells, crabs, starfish and coral. What do the living animals look like? Come find out! Register by 1/20.  
\$10.00 LR / \$15.00

NATURE ZONE		
M 1/27	10:00am - 12:00pm	52007.101

**HOMESCHOOL: FASCINATING FOSSILS**  
*Ages 6 to 12*

Spend the day being a paleontologist, investigating the strange creatures that no longer live with us. Bring your own fossils and we will identify them together. Register by 2/17.  
\$10.00 LR / \$15.00

NATURE ZONE		
M 2/24	10:00am - 12:00pm	52007.102

**HOMESCHOOL: GO GREEN**  
*Ages 6 to 12*

Green is not just for the Irish! Homeschoolers will discover the many ways to live an eco-friendly life at this informative and make & take program. Register by 3/10.  
\$10.00 LR / \$15.00

IVY CREEK PARK		
M 3/17	10:00am - 12:00pm	52007.103

**HOMESCHOOL: INCREDIBLE INSECTS**  
*Ages 6 to 12*

Homeschoolers will explore the fascinating world of insects. We will collect insects, study their natural history, and learn how to pin them. Bring a bug net and any cool insect to mount. Register by 4/14.  
\$10.00 LR / \$15.00

IVY CREEK PARK		
M 4/21	10:00am - 12:00pm	52007.104

**NATURE ZONE DINO-MITES**  
*Ages 5 to 7*

Join the club for those who love dinosaurs! Study three or four different dinosaurs each month with fun activities. Register one day prior to club date.  
\$8.00 LR / \$12.00

FAIRVIEW CENTER		
Tu 1/14	6:00pm - 7:00pm	52001.105
Tu 2/11	6:00pm - 7:00pm	52001.106
Tu 3/11	6:00pm - 7:00pm	52001.107
Tu 4/8	6:00pm - 7:00pm	52001.108

**NATURE ZONE DINOPHILES**  
*Ages 8 to 12*

Be a dinophile! This club is for those who can't ever get enough of those fantastic Mesozoic beasts. Members get a new set of fact sheets each month. Register one day prior to club date.  
\$10.00 LR / \$15.00

FAIRVIEW CENTER		
Tu 1/7	6:00pm - 7:30pm	52001.101
Tu 2/4	6:00pm - 7:30pm	52001.102
Tu 3/4	6:00pm - 7:30pm	52001.103
Tu 4/1	6:00pm - 7:30pm	52001.104

**JUNIOR GIRL SCOUTS: GARDENER SKILL BUILDING BADGE**  
*Ages 9 to 12*

In honor of Earth Day, juniors will create a magical garden fit for a garden fairy! Girl Scout Gardener Skill Building Badge will be earned by planting flowers and fairy houses. Meet at the Nature Zone. Register by 4/15.  
\$8.00 LR / \$12.00

KEMPER STATION TRAIL		
Tu 4/22	4:30pm - 6:30pm	56003.101

**WOODEN CRATE GARDEN WORKSHOP**  
*Ages 5 & up*

Wooden crates make ideal planters for vegetables and flowers, alike. They're accessible for gardeners and can be placed almost anywhere. Make it a family project. All supplies are included. Register by 3/8.  
\$20.00 LR / \$30.00

DANIEL'S HILL CENTER		
Sa 3/15	10:00am - 2:00pm	67500.101

## adult

**ARCHERY 101 ADULT**  
*Ages 18 & up*

Develop a new skill! Learn the basic elements of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered. Register by 3/26.  
\$22.00 LR / \$33.00

FAIRVIEW CENTER		
W 4/2	1:00pm - 3:00pm	73708.140



# THE NATURE ZONE

*Where exploring the wonders of nature is a natural connection.* Located in the historic Kemper Street Station. Spark your imagination with our interactive displays... meet some “wild” animals... play with toys, puzzles and more at our “Kids’ Corner”... and browse our extensive collection of animal mounts, featuring local birds, snakes, insects and a few exotic visitors!

HOURS	ADMISSION
Wednesdays 3:00pm - dusk	Kids (2-17) \$1.00
Fridays 12:00pm - 6:00pm	Adults (18-49) \$2.00
Saturdays 10:00am - 4:00pm	Seniors (50+) \$1.00
	Annual Passes \$30.00

Call (434) 455-5828 or visit [www.lynchburgva.gov](http://www.lynchburgva.gov) for more info!

# CAMPS

## SPRING BREAK ARCHERY CAMP

*Ages 8 to 16*

Go back to school with plenty of awesome stories to tell your friends and teachers after taking this week-long archery camp! Join us as we learn about and use a variety of bows from recurve to cross. Archers will gain valuable knowledge from parts of the bow to shooting form and much more. Shooting competition on the last day of camp. Register by 4/8. \$45.00 LR / \$60.00

FAIRVIEW CENTER		
M - F 4/14 - 4/18	12:00pm - 2:00pm	63300.300

## SPRING BREAK RECESS

*Ages 6 to 11*

Let's get outside! During the spring recess, campers are introduced to outdoor activities, led on tours, and taken on excursions to our parks and trails, where they can enjoy the warm weather and change of pace. Register by 4/7. \$25.00 LR / \$37.50

YODER CENTER		
M - F 4/14 - 4/18	8:30am - 5:30pm	64200.100

# WELLNESS

## youth/teen

### HEALTHY WEIGHT FOR HEALTHY KIDS

*Ages 6 + up*

Learn nutritional tips for youth and parents: healthy eating, buying on a budget, preparing and storing foods, and more. Adults are encouraged to accompany their children. Offered through Virginia Cooperative Extension's Family Nutrition Program. Register by 1/23 for the series or call Center, 847-1751 to join additional classes. Newcomers welcome anytime. FREE

FAIRVIEW CENTER		
M 1/27, 2/10, 2/24, 3/10, 3/24, 4/7	5:00pm - 6:00pm	63600.101

### TEEN CUISINE NUTRITION CLASS

*Ages 12 to 17*

Virginia Cooperative Extension offers a cooking and food preparation curriculum for teens. The series of six classes teaches teens how to make healthier food choices. FREE

- 2/11 Class 1: Eat Smart
- 2/18 Class 2: You Are What You Eat
- 3/11 Class 3: Power up with Protein
- 3/18 Class 4: Fight the Fat
- 4/8 Class 5: Have a Plan
- 4/22 Class 6: For Your Information

DIAMOND HILL CENTER		
Tu 2/11 - 4/22	5:00pm - 6:00pm	66400.110

## adult

### MINDFULNESS MEDITATION FOR STRESS RELIEF

*Ages 18 + up*

Beginner's introduction to the power of mindfulness meditation, bringing more joy, resilience, and tranquility to your life. Research suggests it may improve mood, decrease stress, boost immune function, and may even change brain function. Learn simple meditation exercises to use at home. Register by 1/17. \$26.00 LR / \$39.00

TEMPLETON SENIOR CENTER		
Instructor: Susie Joiner		
Tu 1/21 - 2/25	9:30am - 10:15am	74201.110

### VISION INFORMATION STATION & VISION SUPPORT GROUP

*Ages 18 + up*

Learn about the valuable resources available to people with visual challenges as Interfaith Outreach helps to keep you informed. Following the Vision Information Station, a Vision Support Group will meet from 1:00pm - 2:00pm for caregivers and those with visual challenges, giving them opportunities to share experiences, solutions, and lifestyle changes. FREE

TEMPLETON SENIOR CENTER		
Th 1/23	10:00am - 12:00pm	73003.113
Th 2/27	10:00am - 12:00pm	73003.120

### HEART HEALTH WITH A FEMALE FOCUS

*Ages 18 + up*

February is Healthy Heart Month. Nurse Practitioner Allison Brooks with the Stroobants Cardiovascular Center will share important information on how to keep your heart healthy and recognize heart problems. Issues specific to women will be addressed. FREE

TEMPLETON SENIOR CENTER		
Instructor: Allison Brooks		
Tu 2/25	10:30am - 11:30am	73003.121

### HOSPICE CARE

*Ages 18 + up*

Hospice provides support for families and their loved ones experiencing a life-limiting condition. A representative from Centra Hospice will discuss what services are available. FREE

TEMPLETON SENIOR CENTER		
Tu 3/11	10:30am - 11:30am	73003.132

### OVER THE COUNTER DRUGS

*Ages 18 + up*

What's in your medicine cabinet? Roger Akers, a retired pharmacist, will discuss medication safety concerning: prescription drugs that are now available over the counter, mixing medications, and proper disposal of medications. FREE

TEMPLETON SENIOR CENTER		
Tu 4/22	10:30am - 11:30am	73003.143

### RAPE AGGRESSION DEFENSE

*Ages 15 + up*

Learn realistic self-defense tactics in this 12-hour, nationally accredited program of empowerment and self-protection for women. Presented by RAD certified self-defense instructors with the Lynchburg Police Department. FREE

TEMPLETON SENIOR CENTER		
Sa 4/5 - 4/26	9:30am - 12:30pm	73003.141

## fifty-plus

### ASK THE PHARMACIST

*Ages 50 + up*

Bring your questions and your prescription drugs to this session. Ask one of the Rustburg Family Pharmacists what's on your mind. They will review your prescriptions for you. Stay for lunch following the program. \$4.00

TEMPLETON SENIOR CENTER		
Tu 1/28	10:30am - 11:30am	73003.112

### AARP SMART DRIVER CLASS

*Ages 50 + up*

This eight hour, newly updated driving refresher course geared to the older driver develops skills to enhance performance and safety. Check with your agent about a rate reduction! Register by Thursday before class. AARP Members \$12.00 / Non-Members \$14.00, payable on site to AARP

TEMPLETON SENIOR CENTER		
Instructors: Paul & Pat Deacon		
Tu W 3/18 - 3/19	9:00am - 1:00pm	74001.131
Sa 4/26	8:30am - 5:00pm	74001.142



Adults of all ages are invited to partake in a variety of activities at the Templeton Senior Center. Centrally located and easily accessible, this facility is the ideal place for art classes, bridge lessons, exercise classes, tax assistance and more. Ongoing special interest groups meet monthly and are open to new participants. Try your hand at canasta, pinochle, and mahjong or maybe share your insights with the Currents Events or Literature for Life Group!

**AARP TAX AIDE**  
IRS trained volunteers are on hand to help you complete your tax return. This free service is available from February 1 - April 14. Bring all pertinent papers and a photo ID. Mondays, Wednesdays & Saturdays • 9:00am - 12:30pm

**CANASTA**  
Come and learn or refresh your memory while playing this popular and fun card game. All skill levels welcomed. Fridays • 9:30am - 11:30am

**COMPUTER TIME**  
Don't let your fear of the unknown keep you from exploring the world of computers. Center computers are available. Need assistance? Call ahead. Staff may be available to help you with the basics, depending on availability. Call (434) 455-4115 for more info. Tuesdays & Thursdays • 10:30am - 11:30am

**CURRENT ISSUES AND EVENTS**  
Keep up with the times as this inquisitive discussion group examines the world's headlines. 2nd & 4th Wednesdays • 10:30am - 11:30am

**FIFTY-PLUS BOWLING**  
Enjoy weekly recreational bowling without the cost and stress of league attendance and play. All skill levels welcomed. \$1.25/Game plus tax, payable on site. Fort Hill Bowling Center, 6105 Fort Avenue. Tuesdays • 1:00pm - 3:00pm

**GOLDEN GOURMET**  
Join this group of fun-loving diners as they visit a different restaurant monthly. Diners are encouraged to bring a funny story or joke to share with the group. Check the Fifty-Plus newsletter for locations. Register by the Wednesday before lunch. 4th Friday monthly • 11:30am - 1:00pm

**LITERATURE FOR LIFE**  
Enjoy reading and discussing great works of literature and poetry. Discussion leader: Dr. James Campbell 2nd Thursday • 10:30am - 11:30am

**LYNCHBURG DUPLICATE BRIDGE CLUB**  
Competitive club play in a friendly atmosphere. Experienced players of all ages invited. Mondays 12:30pm • Wednesdays 7:00pm • Fridays 10:00am

**MAHJONG**  
Enjoy this popular Chinese tile game of skill, strategy and luck. Newcomers and experienced players welcomed. Thursdays • 9:30am - 12:30pm

**NEW CHAPTER BOOK GROUP**  
This independent group of readers meets monthly to discuss pre-selected books of interest. See the Fifty-Plus newsletter or call 455-4115 for upcoming book selections. Meets at Drowsy Poet - Givens Books, 2236 Lakeside Drive. 4th Monday • 10:00am - 11:00am

**PINOCHLE**  
Put your brain to work in this trick-taking game of skill and memory. Newcomers and experienced players welcomed. Tuesdays • 9:30am - 12:30pm

**PUTT-PUTT LEAGUE**  
Miniature golf each Monday morning. Adults only please. \$3.00/two games. No registration required. Season begins mid-April. Putt-Putt Fun Center, 8105 Timberlake Road. Mondays • 9:00am - 11:00am

**SOCIAL / PARTY BRIDGE**  
Bring your foursome and enjoy a morning of friendly fun. The tables are ready, just come and play! Tuesdays & Thursdays • 9:30am - 11:30am

**VIDEO CHAIR EXERCISE CLASS**  
Experience a great workout in this 45-minute class. Work at your own pace, progress at your own speed. Commit to be fit! Free (no Monday class during tax season) Mondays, Tuesdays, Thursdays & Fridays • 9:30am -10:15am

events

**RIDDLE ON THE HARP**  
Ages 18 & up  
Great music, great fun! Enjoy live traditional and Celtic music on wind and string instruments. Free • Th 3/6 • 10:30am - 11:30am

**SPRING BANQUET**  
Enjoy a delicious meal, great entertainment, door prizes and more. \$8.00 • On Sale 2/24 - 3/17 • Th 3/20 • 11:00am - 1:00pm Chestnut Hill United Methodist Church • 4660 Fort Avenue

**MAHJONG MARATHON**  
Ages 18 & up  
Enjoy a full day of mahjong as you challenge your friends in this ancient Chinese tile game. Newcomers are welcome. Take mahjong lessons or come on Thursdays from 9:30am - 12:30pm during the winter months and practice up for the big event! Door prizes and lunch provided. Register by 4/24. \$10.00 • Sa 4/26 • 9:00am - 2:00pm

**LUNCH AND LEARN**  
Ages 30 & up  
Enjoy a delicious lunch while learning something new. We are teaming up with the Beard Center on Aging and other agencies to offer this inspirational series which will teach you how to better cope with life's changes; identify your "bucket list" of things to accomplish before death; adapt innovatively to vision and hearing changes that occur with normal aging; and make a difference in the world by living life with purpose. Each month will feature a new topic and menu. Visit the Parks & Recreation webpage to view the calendar. Register one week prior to session. \$4.00

Get involved! Center offers a variety of programs and classes for all ages that include: clubs, special interest groups, newly implemented archery, Fairview eXtras After-School Program, Fairview eXtreme Summer Camp, Fairview eXtreme Teen Program, arts & crafts, theatre, ceramics, pottery, billiards, card games, guest speakers, luncheons, outdoor activities, exercise classes, line dancing, and tennis/pickleball. Well known fifty-plus activities are held weekly. Groups and clubs listed below are citizen-led, and most are either free, or offered for a donation or nominal fee. Outdoor amenities include: basketball court, playground, tennis/pickleball court, horseshoe pit and field.

**FIFTY-PLUS BILLIARDS**  
Two tables are available for recreational billiards. Mondays, Wednesdays & Fridays • 9:30am - 1:00pm

**FIFTY-PLUS TENNIS**  
Start your morning with fresh air and some friendly unstructured competition. Weather permitting. First come, first serve basis. Wednesdays & Fridays • 10:00am

**FIFTY-PLUS PICKLEBALL**  
Discover the fun of pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. Unstructured competition, weather permitting. First come, first serve basis. Mondays, Wednesdays & Fridays • 9:30am -1:00pm

**FIFTY-PLUS HORSESHOE**  
One horseshoe pit has been recently renovated for your enjoyment. Horseshoe equipment is available for use. See center staff for assistance. Mondays, Wednesdays & Fridays • 9:30am - 1:00pm

**FIFTY-PLUS BASKETBALL**  
Shoot some hoops on the Fairview Basketball Court. Basketball equipment is available for use. See center staff for assistance. Mondays, Wednesdays & Fridays • 9:30am - 1:00pm

**BRIDGE GROUP**  
Like to play bridge? Meet other enthusiasts weekly, laid-back atmosphere. Mondays • 9:30am - 11:30am

**CERAMICS CLUB**  
Join ceramic enthusiasts twice a week for open studio time. You select the project and paint/glaze it to your liking. Wednesdays & Fridays • 9:30am - 12:00pm \$5.00. Register and pay monthly.



**COMPUTER TIME**  
Don't let your fear of the unknown keep you from exploring the world of computers. Center computers are available. Need assistance? Call ahead. Staff may be available to help you with the basics, depending on availability. Call (434) 847-1751 for more info. Wednesdays & Fridays • 9:30am - 1:00pm

**GAME ENTHUSIASTS**  
Whether it's Kings in the Corner, Skip-Bo, Dominoes, or some other game, join other game enthusiasts for some fun! Wednesdays & Fridays • 9:30am -12:00pm

**GEM & MINERAL CLUB**  
This club promotes and extends the knowledge of minerals, geology, fossils, lapidary arts, and associated fields. Come check it out! 3rd Wednesday monthly • 7:00pm - 9:00pm

**HILL CITY WRITER'S GROUP**  
Learn the craft of writing and find out more about publishing. Group members include poets, journalists, essayists, technical writers, editors, booksellers, and creators of genre and literary fiction. Choose the time that best fits your schedule. Both groups meet weekly. Mondays 9:00am - 11:00am • Tuesdays 7:00pm - 9:00pm

**FAIRVIEW EXTREME TEEN PROGRAM**  
Calling all teens! Check in with the Fairview Center for monthly teen focused activities. This is a free mentoring program that offers enrichment activities. Snacks or dinner provided. If you are an agency that would like to get involved with your community teens, for more information please contact the Fairview Center at (434) 847-1751.

events

**LUNCH AND LEARN**  
Ages 30 & Up  
Enjoy a delicious lunch while receiving information on different topics that may interest a loved one, friend or yourself. Fairview Center will partner with Centra Health and the Beard Center on Aging at Lynchburg College. The menu and topic will change each month. Pick up a Fairview Center calendar for full schedule. Register one week prior to each session. \$4.00.

W 1/22	11:00 am-12:30 pm	63400.110
W 2/19	11:00 am-12:30 pm	63400.120
W 3/26	11:00 am-12:30 pm	63400.130
W 4/23	11:00 am-12:30 pm	63400.140



For a full list of all fifty-plus activities offered, pick up a copy of the Fifty-Plus newsletter at any one of our centers, or view online at: WWW.LYNCHBURGVA.GOV/FIFTY-PLUS

# yoder center

109 Jackson Street • (434) 847-1645

This vibrant and engaged center offers programs for youth, adults, and families. Located near the Fifth Street Business District, and close to the Blackwater Creek Trail, there's always adventure in store at this recently renovated center.

*After-School Program • Summer Camp  
Community Meetings*

**RECREATION SHUFFLE**

All Ages  
Enjoy all the resources this neighborhood has to offer - play a board game, cue up for billiards, deal a hand of cards, access the Internet, or read a book. Hear from community speakers, try your hand at a craft, or participate in nutrition classes.

F 1/17 - 4/25 • 10:00am - 12:00pm

**TINBRIDGE HILL TROTTERS**

Ages 30 & Up  
Experience Lynchburg's symbolism and architectural marvels through stained glass, arched windows and marble accents on our steeple tours! Bring your walking shoes. Space is limited to 10.

Tu 1/7 - 4/29 • 9:30am - 11:00am

**EASTER EGG ROLL ON THE LAWN**

Ages 2 & Up  
Join the festivities! Hunt for colorful eggs, enter the egg roll races, and see the creative eggshibit! Bring a picnic blanket and a lunch to enjoy the views from Point of Honor's front lawn. This event is free to the public.

Point of Honor • Sa 4/5 • 10:00am - 2:00pm



# diamond hill center

1005 17th Street • (434) 847-1409

Built on the site of the former Marce T. Jones School, this location has long-held significance to the community. The grounds were recently renovated and today, this familiar center is abuzz with activities for friends and neighbors of all ages.

*After-School Program • Summer Camp  
Soul Slide Dancing Classes (weekly)  
Young at Heart Fifty-Plus Offerings (bi-weekly)  
Lunch and Learn Series • Open Recreation*

**ADULT POOL TOURNAMENT**

Ages 25 & Up  
A single-elimination tournament each game is timed to 15 minutes. Trophies awarded to first and second places. Register 30 minutes prior to tournament.

\$5.00 payable on site  
W 2/26 • 1:00pm - 3:00pm

**ADULT SPADES TOURNAMENT**

Ages 25 & Up  
A single elimination tournament each game is timed to 15 minutes. Trophies awarded to first and second places. Register 30 minutes prior to tournament

\$5.00 payable on site.  
W 4/23 • 1:00pm - 3:00pm

**YOUNG AT HEART FIFTY-PLUS PROGRAM**

Ages 50 & Up  
Join us for a featured topic bi-weekly and enjoy the company of friends. Refreshments offered. Each session \$4.00 payable on site.

11:00am - 1:00pm

For full schedule, visit our website or pick up a calendar at the Diamond Hill Center.

# daniel's hill center

317 Norwood Street • (434) 847-1396

Conveniently located off Rivermont Avenue in the Historic Daniel's Hill Neighborhood, the Center is just steps away from Point of Honor Museum and the Blackwater Creek Trail.

Daniel's Hill Center offers something for everyone.

*After-School Program • Home School Classes  
Seasonal Camps for Youth (Winter, Spring, Summer)  
Preschool Playgroup with Lynchburg City Schools (weekly)  
Breakfast, Coffee, and Speaker Series (monthly)  
Classes and workshops for skill development*

**FLEA MARKET & ANTIQUE SHOW**

All Ages  
Flea markets and antique shows are some of the best places to source and locate unique and affordable items. Whether you are searching for small vintage accents or funky old junk, expect a day of great deals. Space rentals: \$20.00.

Register by 4/19 • \$20.00 LR / \$30.00  
Sa 4/26 • 9:00am - 3:00pm • 67800.100

**GOLDEN SOUL LINE DANCING**

Ages 50 & Up  
\$2.00 payable on site • Second and Fourth Tuesdays  
10:30am–11:30am

**CRAFTS & MORE**

Ages 25 & Up  
\$3.00 payable on site • Second and Fourth Thursdays  
11:00am - 12:00pm

**DRUM CIRCLE**

Ages 25 & Up  
Second and Fourth Thursdays • 10:00am - 11:00am

# jefferson park center

405 York Street • (434) 847-1405

With an expansive campus, Jefferson Park Center is home to tennis courts and an athletic field—perfect for throwing discs, flying kites, or playing ball. Terraced seating overlooking the field recalls that this park has been a staple in the community for decades.

*After-School Program • Summer Camp*



# college hill center

811 Jackson Street • (434) 847-1418

Situated in the heart of the City, College Hill Center is compact, energetic, and serves as a recreation hub for busy people on the move. Catch a spirited game of basketball on the court, or a two-hand touch football match on the front lawn.

*After-School Program • Summer Programs  
Community Events*



**The biggest names in college softball and Team USA are coming to Lynchburg City Stadium!**

The USA National Team will play an exhibition double-header against the areas best college players. Each game will last seven innings, and a post-game autograph session will be held after the conclusion of the second game for all fans with a ticket stub.

**SAVE THE DATE:**  
**June 13, 2014 • 7pm (gates open @ 5pm) • Lynchburg City Stadium**

Stay tuned to the Lynchburg Parks and Recreation Facebook page for more information.

# the art studio

720 Winston Ridge Road (434) 455-4001

Classes started at The Art Studio at Jackson Heights in January of 2013 with rave reviews. This recently renovated location is equipped for pottery, ceramics, stained glass, and metal and jewelry making. Interested in arranging a special class for a special group, or becoming an instructor?

Call Allyson McSwain, City-Wide Centers Supervisor, 455-5837.



# Let's party!

Looking for a “wild” adventure for your child’s birthday? Why not try an Animal Safari or Dinosaur Safari at the Nature Zone? Or get outside at beautiful Ivy Creek Park for a Canoe Adventure birthday party!

For more information and to schedule your WILD birthday party, call (434) 455-5828 or visit our website at: [www.lynchburgva.gov](http://www.lynchburgva.gov).



# COMMUNITY EVENTS



## BOYS & GIRLS CLUB RESOLUTION RUN

February 1, 3:00 PM  
1101 Madison Street

The Resolution Run was created to help assist our Club members, their families, and the Greater Lynchburg community to take the first steps necessary to begin or continue their commitment to a more healthy and active lifestyle in the New Year. All funds raised through sponsorships, registration fees, and raffle will go directly to serve the kids.

WWW.BGCLYNCHBURG.ORG

## RIVERFRONT ICE CREAM CHALLENGE

April 12, 9:00 AM  
Jefferson Street

All participants begin the race at the same time and have 90 minutes to complete whichever course they choose. Runners can choose a 5K or 1K run. Walkers can choose a 5K or one mile challenge. Cyclist can choose a 12 or 18 mile ride. There are also two special challenges for kids ages 5-15 who can choose to walk or run either the three mile challenge at 9:00am or the one mile challenge at 10:30am.

WWW.FACEBOOK.COM/RIVERFRONTCHALLENGE

## ANGEL'S RACE

April 27, 8:00 AM  
YMCA - 626 Church Street

This race starts at the downtown YMCA in Lynchburg with a 300m pool swim. The 25k bike course travels through downtown Lynchburg, across the James River and into Amherst County on a rolling out and back ride along River Road. The climb from the river back to the YMCA is challenging! The 5k run takes athletes down Main Street, past Amazement Square and onto the scenic Blackwater Creek Trail. This out and back course finishes at the Community Market on Main Street.

WWW.ANGELSRACE.COM



Interested in holding your next big event downtown, in a park, or at another city location? Contact Sharon Brown at 434) 455-5871 for more info.

Planning a smaller gathering? Rent a picnic shelter at one of our many parks. Call (434) 455-5858 for more info.



# Volunteer!



Volunteering can help you make friends, learn new skills, advance your career, and stay active. Share your time, skills and talents to make a difference in your community.

Opportunities to volunteer are almost unlimited! Individuals and groups can help with one-day projects or assist on an ongoing basis.

Volunteer positions include:

- Adopt-A-Trail Families and Groups
- After-School Program Tutor
- Center Aide
- Nature Zone Volunteer and Animal Feeder
- Recreation Assistant
- Youth Basketball & Girls Softball Coaches

To learn more about the Volunteer Program, contact Paula Tannenbaum, Volunteer Coordinator at (434) 455-5886.

## Adopt-A-Trail Program

Do you care about the quality of Lynchburg's hiking and biking trails?

Whether you're a family, civic group or individual... you can assist by adopting your favorite trail and keeping it in good shape by picking up litter, removing small branches from the trail path, and reporting larger maintenance needs. Parks and Recreation provides the equipment, supplies, and a short orientation to get you started.

To learn more about the Adopt-A-Trail Program, contact Paula Tannenbaum, Volunteer Coordinator, at (434) 455-5886.

# The Aviary

Available for private events.  
Call 455-5858 or visit our website for details.



## REGISTRATION FORM

Lynchburg Parks & Recreation • 301 Grove Street, Lynchburg VA 24501 • 434-455-5858 • FAX 434-528-2794

How did you hear about this activity?

☐ Activity Guide ☐ Website ☐ Email ☐ Facebook ☐ LTV ☐ TV ☐ Newsletter ☐ Newspaper ☐ Friend ☐ Other: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ Female ☐ Male

Participant's Name:

City of Lynchburg Resident? ☐ Yes ☐ No *Only participants living in the City of Lynchburg are eligible for Lynchburg Resident Rate (LR).*

Participant's Street Address (REQUIRED):

Mailing Address (IF DIFFERENT THAN STREET ADDRESS):

Street Address

Street Address or PO Box

City

State

Zip

City

State

Zip

Home Phone:

Work:

Cell:

Email: \_ \_ \_ \_ \_

Emergency Contact:

Relationship:

Phone:

### PARTICIPATION AGREEMENT WITH 911 RELEASE

In consideration of the permission granted to me/my child by Lynchburg Parks & Recreation Department, being fully aware and understanding any risks and dangers that are associated with said activities; it is still my decision to participate/allow my child to participate in such activity(ies). I hereby release and hold harmless the City of Lynchburg, its officers, employees and volunteers from all actions, causes of action, damages and claims, or demands which I, my heirs, executors, administrators, or assigns may have against the City of Lynchburg, and/or other described parties for all personal injuries known or unknown incurred by participation in this/these activity(ies). *In the event of a medical emergency, I authorize representatives of Lynchburg Parks & Recreation to contact EMS at 911, if I or my child is incapacitated. In the event I or my child requires medical treatment, I agree to be responsible for the cost of such treatment.*

**Sign Here →** Signature of Participant or Parent/Legal Guardian (REQUIRED) : \_\_\_\_\_ Date: \_\_\_\_\_

### PHOTO RELEASE

I grant the City of Lynchburg permission to use my/my child's likeness and name in any official communications materials. Materials may include but are not limited to news releases, publications, videos, billboards, television, and social media. I, the undersigned, have read this release and understand all its terms.

**Sign Here →** Signature of Participant or Parent/Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

ACTIVITY TITLE	ACTIVITY #	START DATE	FEE or LR FEE
			\$
			\$
			\$
OFFICE USE ONLY			Receipt Requested?
Receipt #: _____ Processed by: _____ Date: _____			<input type="checkbox"/> Yes <input type="checkbox"/> No
			Total Due:
			\$

### METHOD OF PAYMENT

☐ Cash (*Do not send cash through the mail.*)

☐ Check (# \_\_\_\_\_)

☐ Money Order

☐



☐



Expiration Date: \_\_\_\_\_

### CREDIT CARD AUTHORIZATION

*Must be completed for all mail-in credit transactions.*

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Total Amount Charged: \$ \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Name and Address of Person Paying for Activities (if different than participant):

Name

Street Address

City

State

Zip

### REFUND POLICY

- Refunds will only be considered if requested at least 10 business days prior to the start of the activity and may be subject to an administrative fee for incurred costs.
- No refunds (or partial refunds) will be issued to customers who fail to attend an activity/class.



# RecRequest

**Are you looking for an activity, class, or program suitable for groups? RecRequest is the answer!**

Programs are designed for everyone and every occasion - from schools, organizations and Scouts, to neighborhoods, social clubs and family reunions. Parks and Recreation staff can customize a program to fit your needs. Use your own location, or join us at one of Lynchburg's parks, trails, or recreation centers. We provide all materials and the experienced instructors; you provide the date, time, and group!

## < RecRequest Package Programs >

### Exploring the Arts

Theatre Fun | Dance into Action | Explore an Art Medium | Creative Sculpture

### Athletics

Basketball FUNDamentals | Winning Softball Skills | Fantastic Fitness

### Genealogy

Introduction to Genealogy | Beyond Genealogy Basics | Web Genealogy

### Naturalists

Explore the Seasons | Fall and Winter Hibernation | Live Animals | Scout Badge Programs | Canoes & Kayaks

**CALL (434) 455-5858 TO REQUEST MORE INFORMATION AND A FEE SCHEDULE.**

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